

Tofu Green Goddess Burgers

Ingredients

1/2 Cup Rolled Oats
2 Cloves Garlic
2 Scallions
1 14-Ounce Package Firm Tofu, Drained and Patted Dry
7 Ounces Fresh Baby Spinach
1/4 Cup Fresh Tarragon
1/2 Cup Fresh Chives
1/2 Cup Fresh Parsley
1 Tablespoon Dijon Mustard
1 Tablespoon Lemon Juice
1 Teaspoon Ground Cumin
Pinch Cayenne Pepper
1/4 Teaspoon Salt



Preparation

1. Preheat your oven to 350 degrees, and line a baking sheet with a silpat or parchment paper.
2. In your blender or food processor, combine the oats, garlic and scallions, and pulse to combine. Once finely minced and no large chunks of raw garlic remain, crumble in the tofu, and follow with the spinach and fresh herbs. Blend briefly to break down all of the greens (it may seem like a lot when you put them in the machine, but they'll puree down pretty fast.) Scrape down the sides of the bowl, add in the mustard, lemon juice, cumin, cayenne, and salt, and processor one final time. When the mixture is thoroughly combined but still just a little bit chunky, it's ready to go.
3. Scoop out 1/3 – 1/2 cup of the mixture onto your prepared sheet for each burger. It will be very wet, so you can't really "shape" them, but use a spatula to spread the blobs out into as even circles as possible. Bake for 30 – 40 minutes, until darkened in color and they no longer appear wet. They should remain plenty moist on the inside. Let cool for at least 10 minutes on the sheet before serving as desired.